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THE PROSPECTIVE ADVANTAGES

—OF—

BALTIMORE AS A MEDICAL CENTRE.

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## THE PROSPECTIVE ADVANTAGES OF BALTIMORE AS A MEDICAL CENTRE.

BY JOHN VAN BIBBER, M. D.

In a worldly point of view it is probably as wise to prepare ourselves by education and culture to reap the advantages of prosperity, as it is by habits of prudence and economy to secure ourselves against the privations and anxieties of adversity. In the latter case we are spared much suffering by our foresight, but in the former by thus preparing ourselves, we are better able to enjoy the privileges afforded by our position, and in every way better able to make use of the power for doing good, which prosperity, in some shape or form, always brings with it. If this is true of an individual or family, it is equally true in regard to society in general, and eminently so in regard to those who by interest and employment are bound in some manner together.

I have been led to these considerations in thinking over the condition of affairs in relation to the medical profession of this city, and particularly concerning the advantages that may accrue to it by the final establishment here of three large endowments, whose interests are identical with the progress and development of medical science. And I have thought it might not be uninteresting to consider the increased medical prosperity which will be brought about in Baltimore by these new institutions, and to lay before the profession, in a somewhat digested form, the advantages that will undoubtedly be derived from such enlarged facilities for observation and clinical instruction.

Following the general law of extension of facilities, or the gradual development of resources, or the annual growth of charities, we might hope in time, and after much labor to have the institutions which now, by the liberality of three philanthropists, are thrust simultaneously upon us, and which are soon to commence operations in their respective departments. It is a matter for congratulation that these several important

institutions are to have ample means to carry out their various purposes on a large scale, and being entirely untrammelled and independent, the probable results of their administrations are likely to be worthy of the enlightened time in which they are to be inaugurated.

Without further introduction I will say I allude to the Medical School of the Johns Hopkins' University, which in connection with the Hospital, was endowed by the philanthropist whose name it bears, and intended by him in this double relationship to be a model as an educational and clinical school; to the Sheppard Asylum for the Insane, designed by its founder, the late Moses Sheppard, to be a hospital for curable cases of insanity; and to the Sanitarium for Children, endowed by the late Thomas Wilson as a retreat for the sick children of the poor during the summer months.

To show that the time is peculiarly ripe for the development of these institutions, and that their progress, if properly directed, can be made interesting to the entire profession of this country, I will say that current medical literature shows that there exists a disposition to reform the present system of medical education, and to make its standard higher; also, a disposition on the part of some prominent men to criticise and reform the management and care of the insane; also, a lively interest, both professional and lay, in regard to the mortality of young children in large cities during the summer months, and the means most likely to avoid this evil.

The first of these subjects has grown out of the numerous new medical schools which have been established all over the country, and the natural consequence of an injurious system of competition by which many schools, in order to attract students, have shortened their courses of instruction and reduced their fees. The imperfections of the cheap and hasty education thus afforded are apparent to every one, and the movement towards reform has so far taken shape that some of the best schools of the country have adopted a higher standard of requirements.

The second question has grown out of the unsatisfactory management of Insane Asylums, and of the fact that the superintendents



are too much engrossed in the details of the domestic affairs of their institutions to give the proper care to their patients which such an important condition requires, that the proper distinction is not made between the curable and incurable cases, and that in many asylums the treatment consists chiefly of incarceration and neglect.

The third of these subjects has grown out of the terrible mortality among young children in our large cities during the summer months. This fact has claimed the attention of all classes of the community, but more particularly of physicians who see not only the ravages and sorrow it causes during each heated term, but appreciate also the fact that many of these little patients who escape the immediate calamity of death, are doomed to carry through life the mark and imperfections of their disease.

Of course as these questions are being agitated it is a matter of national concern to find their solution, and the city that can offer the best advantages, and the most reasonable prospects of coming to some result in their investigation, will excite comment and claim attention. In order to make it apparent that in Baltimore our means are ample to aid materially in these investigations, it will not be out of place to give a short account of the scope and possibilities of the three institutions above alluded to, and to show in what way the execution and development of their uses can be of service in the effort to solve these problems of the medical profession.

*The Wilson Sanitarium.*—One of the latest and best of our medical journals has for its motto this sentence of Descartes—"S'il est possible de perfectionner l'espèce humaine, c'est dans la médecine qu'il faut en chercher les moyens." This is indeed the highest aim of medical science, not to cure disease, but to prevent it, and before it has commenced its work to make the body strong enough to escape its curse or its infection. And nowhere does it seem to me that this, the best development of medical power, can show itself so strong as in the successful management of an institution like the Wilson Sanitarium for children, the object of which will be not only to remove the sick to more favorable climatic conditions, and to restore them to health, but also by

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proper food and hygienic care to improve the sanitary condition of all those who come under its administration.

The total mortality of the city of Baltimore for the summer months of 1876, '77 and '78 was as follows:

Year.	June.	July.	August.
1876	1001	909	776
1877	937	889	725
1878	688	673	634

Of this total the number of deaths of children under 5 years of age were as follows:

Year.	June.	July.	August.
1876	657	543	411
1877	601	597	436
1878	363	344	303

Dr. J. W. Toner in an article on "Free Parks and Camping Grounds" (*Sanitarian May 1873*), says:

"A careful examination of the published reports of the Boards of Health of the cities of New York, Chicago, Philadelphia, Boston, Baltimore, and of several other cities, shows that about one-half of all deaths occurring are of children under five years of age. It is also noticeable that a large per cent. of these deaths take place during the heated term, and are attributed to cholera-infantum and other summer complaints almost peculiar to the United States."

These statistics certainly show what an important sanitary question has grown out of the care of young children in large cities during the summer, and it can be readily understood, even by an unprofessional observer, that a disease which causes such a fearful mortality among the children of our cities, must leave a decided impression on the physical condition of those who survive such attacks, and any physician will testify to the number of paralyses, deformities, and diseased conditions which date their commencement from a summer attack. Hence while the direct effect of such a sanitarium will be to prevent sickness and reduce this excessive mortality, its indirect result in saving the community the care and onus of numerous crippled and deformed children will be almost equally as valuable.

I can not better describe the origin and scope of this institution than by quoting from a letter of the trustees lately sent to several distinguished medical gentlemen.



"THE THOMAS WILSON SANITARIUM FOR CHILDREN OF BALTIMORE CITY," was incorporated, July the second, 1875.

"For the purpose of securing a Summer Retreat for Sick Children from the heat and unhealthfulness of the City, and for such other kindred purposes as may be hereafter determined upon by the Corporation."

"His Will, executed on the seventh day of February, 1879, provides as follows :

"I have observed for many years, with much concern, the great and alarming mortality which occurs each Summer among young children deprived, by misfortune of their parents, of all opportunity for removal from the heated and fatal atmosphere of the City.

"God, in his providence, did not spare to me my children, to be the solace of my declining years, but my pity for the sufferings of little children, and of their parents, is none the less, and I do not think that I can make a better use of some of the means of which God has made me the steward, than in the alleviation of the pains, and in the prolongation of the lives, of those of whom Our Saviour said 'Suffer little children to come unto me, for of such is the kingdom of heaven.' I therefore give, devise and bequeath unto 'The Thomas Wilson Sanitarium for Children of Baltimore City,' a corporation created under the provisions of the Maryland Code of Public General Laws, in relation to Corporations, under my own supervision, \* \* \* in all a bequest of Five Hundred Thousand Dollars."

"The Trustees to whom the execution of the above mentioned trust has been committed, desire to furnish themselves with the results of the experience and views of those whose attention and studies have been devoted to the Sanitary Care and Treatment of Children, and their Diseases. The Trustees, therefore, at their first meeting, preliminary to the formation of any definite plan of procedure, determined.

"To correspond with a few persons at home and abroad, who are eminent for their experience and success in the treatment and care of sick children, and to obtain Essays from them, to be published for the benefit of this and similar institutions."

"The Trustees wish your suggestions in reference to the most practicable means of lessening the risks and dangers incident to children exposed to the heated and impure atmosphere of a large city during the summer months, also your views as to the best methods of extending a general knowledge of simple hygienic rules for the treatment of children at home among the poorer

classes. In the fulfillment of their duties they hope at least "to show a model of experiment," which may prove of value as a contribution to the best means of lessening the mortality and promoting the welfare of young children here and in other large cities."

It will be seen by this extract that the Trustees have determined to commence their work by publishing whatever information they obtain in regard to the management of their hospital, and that from the first this sanitarium shall be an instruction and an example. When it develops into active operation, this influence will be varied and important, for what can be done for the poor will be instruction for the rich, and what can be done in this city, if it shows good results, will be of advantage to the medical profession of the country.

• The free excursions for children in New York, Philadelphia and Baltimore have done much in the past few years to alleviate the sufferings of the children of the poor during the heated term, and the beneficial results of these charities have fully shown what a career of usefulness is open to the wider object of the Wilson Sanitarium. In fact St. John's Guild, of N. Y., after organizing for several years summer excursions for children, finally developed their effort into a "Floating Hospital." The Guild in an appeal for aid in carrying on their object, says:

"The Floating Hospital of St. John's Guild has rescued thousands of little ones from disease and death by affording them the opportunity of inhaling life-giving, invigorating ocean breeze."

And further on it states:

"For some time past, the Guild has contemplated the establishment of a Sanitarium in connection with the existing system, and funds only are needed—and we hope will soon be supplied—to carry the plan into efficient operation."

If so much good can be accomplished by the fluctuating gifts of charity, how much greater in every way, and particularly in a medical point of view, will be the possibilities of an institution richly and permanently endowed. The trustees who are charged with the organization of the Wilson Sanitarium seem determined to spare no effort in their endeavor to make the institution a success. They



have invited information from the best authorities, which will be published, as they say, for the benefit of this and similar institutions. They have carefully sought out high and healthy situations for a site, and they have found that by two railroads running out of the city they can reach an elevation of 800 feet in 40 minutes. In addition to these preparations they will be careful to see that the physicians who are appointed to manage the institution appreciate fully that their work will be of the most vital importance to the community, and will be closely watched in its results by the public and the profession. This fact alone would have a beneficial influence on the work of the medical staff, but besides this, it is well known that there is no better stepping stone to a medical reputation than the successful treatment of the diseases of children, for their ailments constitute the chief factor in the sickness of every family. The children who are to receive the benefits of this summer sanitarium will be physically of a much higher grade than the foundlings usually met with in our asylums, and hence for experiments in regard to the utility of various plans of treatment for the invigoration of delicate children, and in regard to diet, and the effect of food on bony development, this institution will offer a valuable and interesting field.

Thus the Wilson Sanitarium brings within the reach of our limits the opportunity of studying the summer diseases of children under the influence of good hygienic conditions, and under the observation of men especially appointed for that purpose. If in the management of many thousand cases of cholera infantum and other diseases of children, some new facts shall be elaborated, and if such extended observation shall bring the result we hope for, it will be a triumph for the institution, and for the medical profession of Baltimore, to have shown what could be done in reducing the alarming summer mortality of children, and in successfully combating with diseases heretofore so difficult to manage.

*The Sheppard Asylum.*—The agitation known as the "Insane Asylum Reform," has now been actively going on for the past few years, and during this time many papers have been published in the medical journals setting forth the views and intentions of those interested in the movement. The titles of these

papers\* (given in the foot note) show that the authors have entered very thoroughly into the subject and seem determined to effect their object, and make asylums more efficient in the care of their patients, and more exacting in their medical attendance. The "Petition" of the Neurological Society of New York, to the legislature of that state in 1879, was one of the results of the discussion brought about by these papers. In this petition it was set forth, among other things, that,—“1. Superintendents of insane asylums are, nearly without exception, not chosen from among medical men who have pursued special studies in neurology at home and abroad, and who are well-trained physicians, but from among assistant physicians of asylums who, after having been badly chosen (*vide infra*), have passed a number of years immured in an institution.

2. Assistant physicians of asylums (future candidates for the position of superintendent) are nearly always men just issued from our too elementary medical schools; men who have not served in civil hospitals (which can be entered only by severe competitive examination); their qualifications are not submitted to any test; when in the institution they are not furnished with means of study (medical journals, books and instruments); and, inevitably, as years go by, they forget what general medicine they knew on graduating.”

After enumerating many just causes for complaint the petition concludes thus: “In view of the above numerous reasons for

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\*“Governmental Supervision of the Insane,” May 1, 1875, by H. B. Wilbur, M. D. “Buildings for the Insane,” 1877 (read before the Saratoga Conference of Charities), by H. B. Wilbur, M. D. “Extracts from the Twentieth Annual Report of Commissioners of Lunacy of Scotland, for the year 1877,” with an introduction by H. B. Wilbur, M. D. (no date). “Management of the Insane in Great Britain,” by H. B. Wilbur, M. D., 1877. “Reform in Scientific Psychiatry,” *Am. Journal of Mental and Nervous Diseases*, April, 1878, E. C. Spitzka, M. D.; read before the New York Neurological Society, March 4, 1878. “Merits and Motives of the Movement for Asylum Reform,” E. C. Spitzka, M. D.; reprinted from *Journal of Mental and Nervous Diseases*, October, 1878. “The Non-Asylum Treatment of the Insane,” (read by invitation, before the Medical Society of the State of New York, and reprinted from the Transactions), by Wm. A. Hammond, M. D. 1879. “The Construction, Organization, and Equipment of Hospitals for the Insane,” by Wm. A. Hammond, M. D.; read before the Connecticut Medical Society, May 29, 1879. Lunacy Reform: I. “Historical Considerations,” *Archives of Med.*, Oct., 1879, E. C. Seguin, M. D. Lunacy Reform: II. “Insufficiency of the Medical Staffs of Asylums,” *Ibid.*, Dec. 1879, E. C. Seguin, M. D.



believing that there exists gross mismanagement in the medical administration of insane asylums in this State, your petitioners respectfully request that your honorable body appoint a committee for the examination of the management of all institutions, for the care of the insane of the State of New York."

This petition caused a legislative investigation, but the neurological society, being dissatisfied with the report of the investigating committee, published an answer to this report in which it was charged that the report was made altogether in the asylum interest and without any regard to a truthful statement of the case. This answer, however, concludes by saying that since the appearance of the petition, many changes have been made for the better in the management of asylums, and that the "society although temporarily interrupted in its main object through the coalition of elements of a questionable character, points with some satisfaction to the good work already accomplished. It accepts this as the augury of a more thorough and lasting reform in the near future, and as a justification of a further continuance in its labors."

Of course the movement embraces many items of reform in management, in questions of restraint &c., &c., but the most interesting to the profession are the purely medical criticisms which have appeared in some of these articles.

Dr. E. C. Seguin in his paper on "Lunacy Reform—Historical Considerations," says :

"I have no hesitation in declaring that not one of the few American contributions to the scientific aspects of insanity has been meritorious, and has been quoted with praise by competent critics. Indeed it is necessary to add that in the various European works on insanity, hardly an American physician's name is cited except that of the celebrated Rush. Besides, no treatise on insanity, and no important monograph upon one of its forms has appeared in this country."

Dr. Wm. A. Hammond in his article on the "Non Asylum Treatment for the Insane," gives a similar opinion on this subject.

"But it must be confessed that up to the present time, so far as our own country is concerned, the contributions to the science of the mind in health or disease, from medical officers of asylums have been few, and for the most part of little value."

From these imperfect extracts it will be seen that there is a

decided and widespread dissatisfaction in regard to the medical work done in asylums, not only in relation to the performance of duty, but also in regard to the neglect of opportunities. Hence it is that just at this time a new institution, if properly organized, can profit much by the suggestions growing out of this controversy, and may take some important steps in reforming a system that has caused so much complaint. And in order to show that the Sheppard Asylum of Baltimore, from the plan of its organization, occupies a position peculiarly adapted to the demands of this reform, I will briefly refer to its history and present status.

The Sheppard Asylum was founded by a bequest of the late Moses Sheppard, more than twenty years ago. The original endowment was \$568,000, and during these years the trustees, in accordance with the wishes of the testator, have devoted the income derived from this sum to the erection of buildings and the projection of improvements, until now \$575,000 has been expended, and the endowment has been increased to \$600,000.\*

Mr. Sheppard says in his letter of instructions to his trustees, "My leading purpose is to found an institution to carry forward and improve the 'ameliorated system' of treatment for the insane irrespective of expense."

He further says "that the increased cost of preparation and attendance will limit the number of patients: \* \* \* that each patient shall have an attendant when it may appear useful, an experimental establishment \* \* \* Let all that is done be for use strictly and not for show."

It was designed by the founder to be a hospital for the cure of the insane, and not an asylum for the care and protection of those suffering from various grades of dementia or imbecility. To carry out this plan it is intended that it shall be so governed that a case will be treated for a reasonable length of time, and if at the end of that period it is determined that the case is incurable, the management reserve the right to discharge the patient, in order to make room for one which can more thoroughly carry out the

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\*I have been kindly furnished with these data by Mr. J. Saurin Norris President of the Board of Trustees of the Sheppard Asylum.



intentions of the institution. In this it will be a unique hospital, and being intended as an institution for curable cases only, it will be able to offer inducements for the treatment of such cases that no other asylum can afford to give. On the principle that there is no charity in giving to the rich, this class will be made to pay for these advantages, but for the poor no expense will be spared, or no luxury denied which can in any way aid in restoring the patient to integrity of mind.

In order to show that the Sheppard Asylum if organized in strict accordance with the wishes of its founder, is precisely the end and aim of all the discussion on asylum reform, I will quote again from Dr. E. C. Seguin, of New York, who in a published letter in regard to asylum reform in Connecticut, comes to this conclusion :

"The acute, curable cases of insanity require much better care than they now receive in our asylums. It is for them that it is economical and humane to spend money freely, in order to facilitate recovery. The curable insane need the highest medical skill which a large salary will attract, a much larger number, proportionately, of assistant physicians selected by severe examinations, many real nurses, not mere attendants or guardians. They require the best of food, with the liberal use of costly medicine, wine, brandy, changes of clothing, etc."

Reforms are always slow in their progress and difficult to bring about, and it may be some years before the agitation now pending will produce any decided change in the management of asylums that are already in operation. It is for this reason that I have been led to think that our prospective asylum here, being nearly ready to commence its career, and being untrammelled in every respect, and new in its organization, might take a foremost position in regard to this very necessary and interesting controversy. The study of insanity is the field, of all others, in medical literature, which is most barren of results, and any man of talent and enthusiasm, who, in the light of the recent advances in brain physiology, cultivates its dark expanses, may gain the reward of a name, and the satisfaction of having done a good and necessary work. It may be that the trustees of the Sheppard Asylum, if they are wise and fortunate in the selection of this man to guide their institution in its high purposes, will be able to

add something valuable to the knowledge of insanity out of the administration of their advanced institution.

Taking into consideration the present state of public opinion on this subject, and in the face of such extracts as I have just quoted, who will say that the Sheppard Asylum has not a golden opportunity to set an example, to work a reform, and to achieve a reputation,

*The Medical School of the John's Hopkins University.*—Every year the necessity of a decided reform in medical education becomes more and more apparent as the number of students increases, and as the misplaced ambition of medical men in various parts of the country urges them to develop new schools under a system of lax and imperfect teaching.

The results of such a medical education, if it can be so called, in a new country where a university, or even a collegiate course, is not held in its proper estimation, can only be fully understood when we take into consideration that no requirements are necessary to enter most medical schools, and that the course required for graduation does not extend over a period of more than ten months actual instruction.\*

Hence the road made easy, the prospects for a professional life, and the possibility of making money call to these schools many students, who, if some reasonable requirements were exacted, would be unable to embrace the calling to which they are now invited by a cheap and speedy system of graduation. The best men in the profession have waked up to the fact that the evils arising out of the too rapid multiplication of medical schools must be in some manner checked, that there must be some movement made by the more prominent medical schools to show that the study of medicine is not a trifling or easy undertaking, and that the attainment of a degree shall demand the expenditure of more time, energy, and money than is now required by the vast majority of

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\*Address on Higher Medical Education, by Wm. Pepper, M. D., Phila., 1877. Address before University Pennsylvania, by S. Wier Mitchell, M. D., Phila., 1878. Future influence of Johns Hopkins Hospital on Medical Profession of Baltimore, by John Van Pibber, M. D., Baltimore, 1879. Report on Higher Standard of Medical Education—Transactions Illinois State Med. Soc., Chicago, 1879.



our institutions. This feeling is now widespread and sincere, and in addition to the examples of Harvard University and the University of Pennsylvania, two of the schools of New York, the College of Physicians and Surgeons and the Bellevue Hospital Medical College have lately adopted new regulations in regard to requirements for matriculation, length of courses, and methods of examination. It is also a matter for congratulation, to notice in the MARYLAND MEDICAL JOURNAL, that the University of Maryland has adopted a series of resolutions in regard to raising the standard of instruction, and the requirements for graduation.

To show that these schools which have adopted a higher standard will work together for a common cause, I need only refer to the circular of the Bellevue College, which states that in matriculating students who have attended lectures in other institutions, "it makes a distinction in favor of students from those schools which have a compulsory graded course."

From these changes it can be readily seen that the desire and necessity for higher medical education is earnest, and that the reform that has already commenced will continue from year to year to become more and more pronounced. At this stage of the movement it should be particularly gratifying to the profession here, that we are to have in our city a school, whose resources and equipments will be strong enough to make it an important factor in this national reform, to push it ahead of the schools in larger cities. and to give it an opportunity of taking the lead in the cause of higher medical education.

It is with some regret that I come to the consideration of the most interesting part of this paper with the space allotted me almost entirely taken up; but the bequests of the late Johns Hopkins are now so well known, that a mere passing allusion to our new school and hospital will be sufficient to prove that, in their dual relationship, they are destined to become a means of developing the medical interest of Baltimore to a very important and decided extent.

The Medical School of the Johns Hopkins University will be organized under the pressing influence of a necessity for a more thorough education in the science that it is to teach, and its government, bound by no restrictions, but on the contrary given

every latitude to do what is wisest and best, will certainly not fail to make use of the advantages at its command. To sum up these advantages, I may say :

1st. That the school will be able to impose requirements for matriculation, to lengthen its courses of instruction, and to raise its standard of graduation without any regard to the pecuniary loss from small classes of students.

2nd. That it will have ample means to carry out any plan of teaching that, with the improvements of science, may be developed.

3rd. That it will have as part of its curriculum the care and management of a model hospital, built and arranged especially for clinical purposes.

4th. That the buildings being erected especially for the purposes of a medical school, they will be supplied with all modern appliances for laboratory instruction and original investigation.

5th. That it will have available the laboratories and expensive apparatus of the biological and chemical departments of the university.

6th. That it will have the training school for nurses, which will be made an especial feature of the hospital.

Each item in this summary is important, and taken together, in their total significance, they give the ground work necessary for a high grade of medical school. That the embodiment of these advantages into one curriculum will prove attractive to the better class of medical students there can be no doubt, and it is equally as reasonable to suppose that the course of instruction, adopted by the Johns Hopkins school, will establish an example which should exert a beneficial influence on the medical schools throughout the country.

And now, having given this short account of the three institutions which are soon to commence their career in our midst, it only remains for me to call attention to the advantages that may be derived from this triple increment to our medical resources.

The foregoing considerations will, I think, show the truth of what I said in the commencement of this paper concerning the peculiar adaptability of these endowments to the present wants of



the medical profession. The development of their separate purposes will give the profession of Baltimore the opportunity of working up under very propitious surroundings, and with very substantial aid, three questions which are now being agitated in the journals of the country, and it may be that their solution, or many collateral improvements will result from the activity and usefulness of these institutions.

It will be admitted by every one that it has never before occurred to any city to be on the eve of inaugurating into activity such important and rich bequests; bequests which seem so to fit the wants and interests of the times, which will be of such signal use to medical men separately, and if worked together will make a strength and power for the advancement of medical science, which is enjoyed by no other city in this country.

To discuss further the medical advantages of Baltimore, which in common with other large cities are great, would be out of the scope of this article. It is intended only to show what opportunities our new school, asylum, and sanitarium will bring us, what invitations they throw out to the profession for interest and support, what positions they will develop for us, and what may be the literary results of their respective administrations. The other institutions of Baltimore are well known, they have existed for years, and they will no doubt continue to grow in prosperity and influence, adding the value of their prestige to the vigor of newer institutions, and in many ways each can supplement the other in their various roles.

With this outlook we can scarcely fail to realize what good fortune seems to hold out to us, the possibility that Baltimore may become celebrated as a city of model institutions, and as an important centre of education and medical learning. The future indeed looks fair, and it remains to be seen if we shall act with energy in the present, if the weeks, months and years will add their necessary sum of work to the attainment of this ambition, to the development of such grand prospects into a secure and permanent realization.







